



**We love
food and
reduce
waste.**

And you?

**Take action now and
declare your commitment!**

LIFE FOSTER

**NEWSLETTER N° 7
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PROFESSIONALS, TRAINERS, STUDENTS AND CITIZENS REGISTER FOR THE LIFE FOSTER MANIFESTO

In late 2021, LIFE FOSTER launched the Manifesto for Food Prevention. The manifesto aims to bring on board Ambassadors of food waste prevention to have an active role in shaping the future.

How can one be an ambassador of food waste prevention?

Professionals in the food service industry can help by preparing menus and orders, purchasing less but more frequently, and purchasing in moderation.

Trainers and Educators, can train other trainers and teachers in food waste avoidance, and then teach students how to use and consume food properly, benefiting both the organization and themselves.

Students and citizens can work together to reduce food waste in their daily lives.

The Manifesto includes several recommendations, such as planning ahead of time what to eat, buying fresh and local foods, keeping the refrigerator and freezer clean, etc. Food waste is now a worldwide issue that necessitates local remedies and everyone's participation.

Up till now, OVER 100 Ambassadors have registered for the LIFE FOSTER Manifesto.

Find out how you may be an Ambassador for food waste prevention *and* [download and join the Manifesto here.](#)

[View the current registered Ambassadors here.](#)

LIFE FOSTER AMBASSADORS AT MEDITERRÃNEA GASTRÃNOMA - MEDITERRANEAN GASTRONOMIC FAIR

As a part of the LIFE FOSTER Project, from 7th to 9th of November 2021, Altaviana School has participated at the MEDITERRÃNEA GASTRÃNOMA - Mediterranean gastronomic fair in Valencia (Spain) with an informative stand and the chance for the students to cook a special lunch menu against food waste.



Through the event, the students of Altaviana School, who were acting as Ambassadors of LIFE FOSTER Project could explain to those interested the objectives and activities of the Project. Moreover, they promoted the free course on Food Waste and the Manifesto. All the Ambassadors had personal accreditation, with the logo of Life Foster and Altaviana school.

The objective of LIFE FOSTER'S presence at the fair was to raise awareness regarding the project's objectives and activities in order to attract and involve those

working in the industrial food field, such as chefs, restaurants with the issue of food waste management and methodologies to reduce it.

The audience was broad and varied, the fair was attended by students of the Hospitality Vocational Training Schools and students of the Degree of Dietetics and Human Nutrition and the Degree of Gastronomy of the universities of Valencia; professors; press (local radios, photographers, and magazines); catering companies and food distribution companies, who were interested in the free course on food waste,



the Manifesto, and the possible visibility of their company being part of LIFE FOSTER project; stores with food production and sale, interested in the training and small catering companies that gave value to the project and explained how they avoid food waste.

Among the audience, during the fair, several contacts were built up with interesting profiles in the sector, such as: Adrian Melgarejo from Serunion Catering; Marta Pérez Postigo, director of corporate communication and sustainability in MAKRO and speaker of the fair about "Responsible Distribution: Perfectly imperfect fruits"; Manu Buffara, sustainable Chef, activist, and owner of the restaurant Manu, based in Curitiba (Brazil).

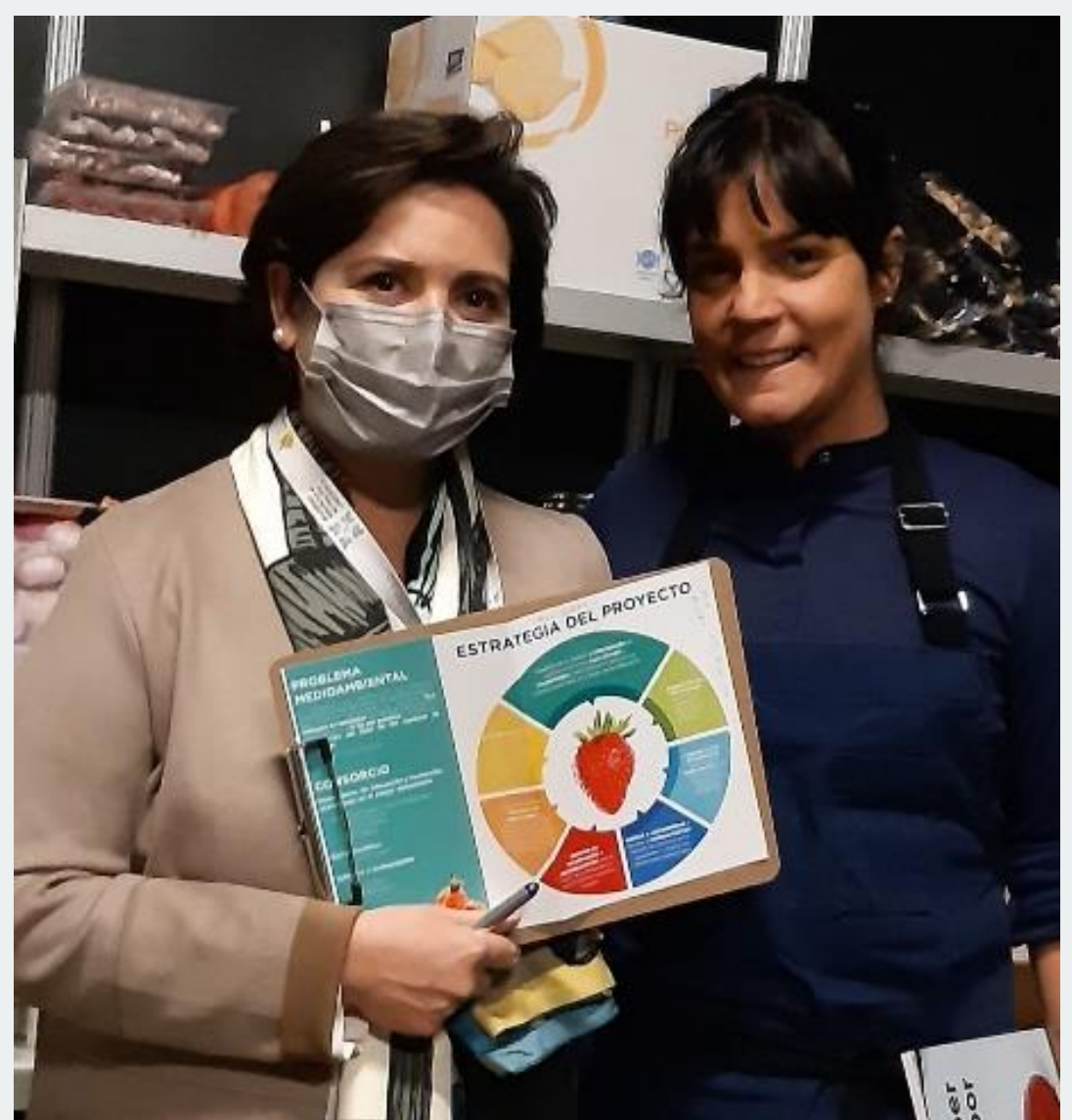


Recently nominated as World's 50 Best emerging talent for her sustainable work in her restaurant; Luis Arrufat, gastronomic advisor, trainer of the Basque Culinary Center and speaker of the fair about: "No waste philosophy in rice cooking"; Álvaro Pérez Redondo, CEO and Founder in HarBest Market; Maria Angeles Fernandez Zamudio from the Valencian Institute of Agricultural Research

(IVIA) and speaker of the fair regarding: "Prevention and reduction of food waste in the Valencian Community: Bon Profit Plan" and Chef Susi Díaz from La Finca Restaurant (1 Michelin Star).

Watch the Video of Altaviana Students presenting the Menu against Food Waste here:

[youtube.com/watch?v=nA7q8bG2JG8](https://www.youtube.com/watch?v=nA7q8bG2JG8)



FOOD WASTE VIDEO SERIES WITH MALTESE RESTAURANTS

As part of the LIFE FOSTER project, the Malta Business Bureau will a run a social media campaign over the next few months. This will involve a series of short videos with restaurants and chefs, where the participating chefs will be asked to prepare a ‘food efficient’ recipe of their choice which aims to reduce food waste. This can involve, for example, using parts of ingredients which are usually thrown away but could actually be turned into another delicious dish.

The chefs will be interviewed on several important aspects. They will be first invited to show the reasoning behind their recipe and how it cuts down on food waste. They will then discuss why they think reducing food waste levels is so important, and finally explain what their restaurant is contributing towards the issue.

These clips will be used to promote the LIFE FOSTER project and the participating restaurants, and to ultimately help raise more awareness on the food waste challenge.

The key messages which will emerge from this series will be the importance of reducing food waste, mainly for environmental, social and financial reasons, and the promotion of innovation and critical thinking to find new ways to use ingredients, helping reduce waste in the process.

The series will launch later this year and be shared on all LIFE FOSTER platforms and partners social media pages. Stay tuned!



LIFE FOSTER BURGER CHALLENGE, A COLOURFUL COMPETITION!

As part of the European Week for Waste Reduction (EWWR 2021), Afpa organised a hackathon in its training centres: The Life Foster Burger Challenge, a competition for trainee catering agents and cooks in training at Afpa.

The candidates had to make totally homemade, vegetarian, and nutritionally balanced burgers in a given time. The selection was based on an analysis of the data sheet prepared by the candidates. The recipe had to consider the prerogatives of the Life-Foster project (anti-waste, rational use of animal proteins, seasonality, and energy management).

The competition took place on 24 November 2021 in all Afpa centres. During the whole competition (20 min), the competitors were filmed. The preliminary preparations and the bread or bun were made in advance.



The evaluation criteria were **hygiene and organisation; culinary preparation; nutritional balance; presentation and sustainability.**

The jury was composed of 3 professional judges. The best candidates then had their burger photo shared on Afpa's social network. The community was thus able to participate in the winner selection.

Jessica Lebris is the lucky winner of the competition. She met all the evaluation criteria, making a burger that lived up to the expectations of the jury and the Afpa Facebook community.



Jessica Lebris and her trainer Yolaine Le Coz, from the Auray Brech' Kerval'h catering centre, are pleased to present the winning burger of the competition. The young woman in professional retraining can only be delighted to have won this competition.

Congratulations to Jessica and her trainer, without whom this would not have been possible!

The Saint-Etienne du Rouvray Afpa centre came second in the competition with a Burger made by Rim Larcheveque accompanied by her trainer Christophe Pezier.

LINKS

Jessica Lebris recipe video: <https://youtu.be/cfdY9MDAhpA>

Rim Larchevèque recipe video: <https://youtu.be/ObsXRqgGuPA>

ARTICHOKE EXPLOSION

Recipe by the student Rares Gabriel Diaconovici of the CSF ENAIP Piedmont VET center in Alessandria, under the supervision of tutor Mattia Piras.

With this recipe the Italian student won the FOOD WASTE HACKATHON, the LIFE FOSTER marathon against food waste held in April 2021.

INGREDIENTS :

- 4 ARTICHOKE
 - UNTREATED LEMON
 - 8 ARGENTINE PRAWNS L1 (ABOUT 460 G) PREVIOUSLY BLAST CHILLED AND DEFROSTED
 - 20 G SARDINIAN PECORINO CHEESE
- 60 G BUTTER
 - 100 G FLOUR 00
 - 8 G CORN FLOUR (MAIZENA)
 - 1 G SOY LECITHIN
 - 20 G FRESH PARSLEY
 - 50 ML WATER
 - 150 ML WHOLE MILK
 - N 1 GARLIC CLOVE
- AS MUCH AS YOU NEED EXTRA VIRGIN OLIVE OIL
 - AS MUCH AS YOU NEED SALT
 - AS MUCH AS YOU NEED PEPPER
 - AS MUCH AS YOU NEED DRIED EDIBLE FLOWERS

PROCEDURE:

- In a hot pan with some oil and the stems' pulp, place the artichokes hearts with the opening facing down. Cook for 4/5 minutes then add hot water and continue cooking with the lid for another 10 minutes.
- Meanwhile, separately, chop 10 grams parsley and the garlic clove, add flour, salt, a drizzle of oil and butter, previously melted in a saucepan. Mix everything until you get a grainy dough. In a baking tray, with parchment paper, sprinkle the mixture obtained and bake in preheated oven at 220 ° C, static, with fan 2, for about 6/7 minutes. When cooked, take the crumble out of the oven, and let it cool.
- In a bowl, combine 30 ml of milk with the corn-starch (Maizena) and mix until it is dissolved. In a saucepan, simmer 120 ml of milk and incorporate the milk and corn-starch mixture. Mix well and cook for few minutes, until the sauce thickens. Cut the pecorino cheese into cubes and add it to the sauce, turn off the heat and mix until it dissolves. Keep the sauce warm.
- Blanch the artichoke scraps, previously kept aside in salted water with a few drops of lemon, making sure to remove the thorns. When cooked, drain, and put them in water and ice. Once cold, drain and centrifuge with half a lemon and 10 grams of parsley. Once the extract is obtained, add 50 ml of water, mix, and set aside.
- Clean the prawns, previously blast chilled and defrosted, removing the carapace, the central black thread and the head. Chop the prawns with a knife and season with salt, oil, a sprinkling of pepper and lemon juice to taste. Once the artichoke hearts are cooked, allow them to cool slightly in a blast chiller and then open them to flower and dig them, with the aid of a digger, removing the beard inside.
- In a serving dish, place the pecorino sauce on the bottom, sprinkle it with the crumble and place the artichoke flower in the centre. Stuff the inside of the artichoke with the prawn tartare and the artichoke stems previously cooked and cut. With a dipper emulsify the extract obtained from the artichoke waste with soy lecithin, continue until you obtain a foam. With a spoon, place an adequate amount of foam on the top of the artichoke flower, so as not to completely cover the tartare it contains. Finally, decorate the dish with edible flowers and serve.





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